

Equipment Specifications for Warren County High School Weight Room

A. (4) Heavy Duty Double Sided Half-Rack with 7 Gauge Steel Construction

B. (6) Heavy Duty Half-Rack with 7 Gauge Steel Construction

Frame: Tubing Size 3" x 3"

Frame: 7 Gauge Steel

Frame: End Caps Steel

Frame: Tubing-# of holes for Bar Catches & Safety-6 Holes (7/16")

Bar Catch & Safety Channel: Length 60"

Bar Catch & Safety Channel: 7 Gauge Steel

Bar Catch & Safety Channel: # of Slots 16 (Laser Numbered)

Bar Catch & Safety Channel: Protection-Chrome

Bar Catch & Safety: Spacing 4"

Bar Catch & Safety Channel: Manufacturing-Laser Cut for Precision

Bar Catch & Safety Channel: Connection to Upright-6 Holes (7/16" with a Flat Head Bolt-3/8")

Bar Catch & Safety Channel: If Damaged-Replaceable

Plate Holders: Quantity-12

Plate Holders: Protection-Chrome with Rubber Bumper

Chin up Bar: Multi Grip

Band Pegs: Removable

Bar Storage: 4

Security: Bolt Down Tabs

Bar Catches: Length 10"

Bar Catches: Carriage-Steel Thickness 3/8

Bar Catches: Bracket-Steel Thickness 7 Gauge Steel

Bar Catches: Protection Material-UHMW-3/8 x 2 1/2

Safety's: Length 24"

Safety's: Carriage-Steel Thickness 3/8

Safety's: Extension 7 Gauge Steel

Safety's: Extension-Tube Size 2" x 3"

Safety's: Protection Material-UHMW-3/8 x 1 1/2

Pads: "2"" thick dense neoprene padding attached to 3/4" plywood"

Paint: Powder Coated-Baked at 375 degrees

Hardware: Zinc Coated bolts with oversized washers with nylock nuts

Welds: .035 MIG Welded

Slides: Protection-Chromed

Lock Downs: 3/8" Hardened Pop Pins

Platform: Protection-Integrated Ramp

Platform: Tubing Size "2" x 3"

Included Options: Dip Attachment, Landmine, Swivel Pull-up Handles, and Rope Attachment (D-Clip)

Dimensions: HD Double Sided Half Rack-L-99" W-90" H-104" (maximum)

HD Half-Rack-L-57" W-66" H-104" (maximum)

Warranty: Frame & Welds-Lifetime, Flange Bearings, Pulleys, Guide Rods-5 Years, Linear Bearings & Cables-1 Year, Upholstery, Grips, & Custom Logos-120 Days (Minimums)

C. (8) Heavy Duty Flat to Incline Bench with 7 Gauge Steel Construction

Frame: Tubing Size 3" x 3"

Frame: 7 Gauge Steel

Frame: End Caps Steel

Vinyl: Marine Grade-anti fungal-antibacterial-mildew resistant-29oz.-backed by 100% polyester-Stapled to ¾" plywood

Vinyl: Black

Pads: "2"" thick dense neoprene padding attached to ¾" plywood"

Paint: Powder Coated-Baked at 375 degrees

Hardware: Zinc Coated bolts with oversized washers with nylock nuts

Welds: .035 MIG Welded

Warranty: Frame & Welds-Lifetime, Flange Bearings, Pulleys, Guide Rods-5 Years, Linear Bearings & Cables-1 Year, Upholstery, Grips, & Custom Logos-120 Days (Minimums)

Dimensions: L-51" W-30" H-18

Adjusts from flat to military positions: 0°, 30°, 35°, 45°, and 80°

Handle and wheels for easy mobility

D. (8) Heavy Duty Multi-Angle Bench with Docking System-7 Gauge Steel Construction

Footrests for Decline Lifts

Dimensions: L-52" W-28" H-21"

Adjusts from decline to military positions: -20°, 0°, 30°, 35°, and 80°

Additional specifications should match Flat to Incline Bench Above

E. (1) Heavy Duty Commercial Grade Angled Linear Leg Press

Fully enclosed Linear bearing for smooth and quiet motion

Multiple weight horns to accommodate weight plates (minimum: 4 for storage & 4 for use during exercise)

Back pad adjustments (minimum 5 positions)

Grab bar (positioned at footplate for easy entry/exit)

Maximum Weight Storage: 720 lbs.

Maximum Exercise Weight: 1,170 lbs.

Warranty: Body and Frame-10 years, Structural Moving Parts-5 years, Bearings, Bushings, Pulleys-3 years, Coating, Cables, Exterior Upholstery and Accessories-1 year

F. (5) Heavy Duty Commercial Grade Glute-Ham Developer with 11 Gauge Steel Frame

Frame: Tubing Size 3" x 2"

Frame: 11 Gauge Steel with fully welded joints and ½" socket head cap screw

Frame: Formed brackets to eliminate exposed tube ends from lost endcaps and solid footing

Vinyl: Commercial Grade double stitched cover and high resilient foam cushions (UV & Sweat Resistant)

Pads: Roller pads angled for easy entry with 7 vertically adjustable positions (utilize nylon Sleeves over a chrome plated post)

Features: 1. Resistance band pegs and handles on the rear platform with functional expandability
2. 14 Fine-tune horizontal adjustments (nylon molded rollers with pressed in ball-

bearings which glide smoothly over a chrome plated tube)
Dimensions: L-60.3" W-37.6" H-42.5" (maximum)
Warranty: Frame and Welds-10 years, Parts-1 year (minimum)

G. Commercial Grade Solid Urethane Dumbbells

Solid Steel Heads

- Precision drilled and bored to ensure close tolerance
- No bolts, plates, or end caps
- Heads should not come loose or rotate

Urethane Encased

- Embossed increment treatment
- Encased with a durable urethane
- Urethane thickness should range from 5mm to 12mm (0.25" to 0.50") subject to weight

Handle Specifications

- 5-30lbs. = 32mm diameter
- 35lbs (+) = 34mm diameter
- Straight handle with 0.85-1.0cm diamond pattern knurl

5-Year full-commercial warranty

(3) Sets of 30lb through 100lb pairs of dumbbells

(2) Sets of 105lb through 120lb pairs of dumbbells

H. (5) Heavy Duty Commercial Grade Dumbbell Rack with Saddles (10 Pair)

11 Gauge powder coated steel frame

Designed to hold (10) pairs of round head dumbbells

Commercial Grade

Rubber encased dumbbell saddles for dumbbell protection

Rubber feet to protect floors

Product Dimension cannot exceed: Assembled Size: 87" W x 28" D x 32" H (maximum)

I. Commercial Grade Cast Iron Kettlebells

Matte black finish with color rings to identify weight

Single Piece Casting made with iron ore

Excellent grip and holds chalk well

Large smooth flat surface to prevent wobbling

Handle Diameters:

- 4-8 KG-1.2"

- 12 KG-1.4"

- 16-40 KG-1.5"

(8) 18 KG

(12) 22 KG

(5) 35 KG

(5) 53 KG

J. (3) Kettlebell Racks-Commercial Grade

14 Gauge 2" x 4" oval steel tube frame construction, along with 7 gauge 2 tier steel shelves

Rubber feet to protect floors

Shelf measurements: 40" W x 12 ½" D

Assembled Dimensions: 40" W x 22" D x 26" H (maximum)

K. Commercial Grade Bumper Plates (colors)

Rubber encased bumper plates with solid, high quality, resilient rubber (no crumb rubber used)

All plates should be the same diameter (18")

Steel inserts should be 10mm thick double with welded rebar inserts (three times the industry standard to provide maximum performance strength and eliminate bending or damage from drops)

(56) 10# Green

(56) 25# Yellow

(28) 35# Blue

(56) 45# Red

L. (11) Commercial Grade Bumper Plate Racks

6 Slots to accommodate all different sizes of Bumper and Olympic Plates

Built-in swivel handle for easy mobility

Two (2) durable urethane coated wheels for transport

Dimensions: 55 L x 16 W x 13 H

M. Commercial Grade Rubber Olympic Plates

Virgin Rubber

3-Grip ergo design, Virgin Rubber encased Olympic Plates 2"-Made with 100% Virgin Rubber

No Toxic Smell-Premium Black Inserts

Available in the following weights: 2.5 (may not have 3 grip design), 5, 10, 25, 35, & 45#
Increments

(28) 2.5#, 5#, & 35#

(36) 25#

(62) 10#

(84) 45#

N. (16) Olympic Bars

Bar Use: Weightlifting, Olympic Weightlifting, Powerlifting, Multipurpose

Bar Weight: 20KG

Diameter: 28.00MM

Knurl: Olympic

Center Knurl: No

Knurl Marks: Dual

Shaft Coating: Hardened Chrome

Loadable Sleeve Length 16.1 inches

Sleeve coating: Hardened Chrome

Bushing/Bearing: 8 Bearing

Tensile Strength: 200,000 PSI

Warranty: Bumper to Bumper-2 years (Includes bending)/Lifetime on Bearings

O. (4) Olympic Featherweight Technique/Training Bars

Bar Use: Weightlifting & Multipurpose

Bar Weight: 151lb

28.5MM Aluminum Shaft with Polished Sleeves

72 inch Length

Fits Olympic Racks

Warranty: Bumper to Bumper-2 years (Includes bending)/Lifetime on Bearings

P. (4) Olympic Hex/Trap Bars

Bar Use: Specialty Weightlifting & Multipurpose

Bar Weight: 27KG

Diameter: 34MM (Handles)/49MM (Sleeves)

Handles: Parallel Dual-handle design-Knurled

Loadable Sleeve Length 16 inches

Tensile Strength: 200,000 PSI

Warranty: Bumper to Bumper-2 years (Includes bending)/Lifetime on Bearings

Q. (2) Heavy Duty Olympic Bar Vertical Barbell Storage Rack (5 Bar Holder)

Frame: Tubing Size 2" x 3"

Frame: Steel Gauge 11

(5) Vertical Barbell Storage Tubes: 2" Diameter, 7" Length

R. (20 Pair) Locking 2"/50mm Olympic Barbell Collars

Use: Crossfit, Olympic Weightlifting, Bumper Plate Workouts, Multipurpose

Weight: 13.0 Ounces (per set)

Material: Proprietary Nylon Resin

Color: Black, Red, or Blue

Features: Locking Snap-Latch to keep collar secure

Durable FrameWarranty: 1 year (minimum)

ALL EQUIPMENT PRICES MUST INCLUDE FREIGHT AND INSTALLATION

INSTALLATION MUST BE INCLUDED WITH THE PRICE OF THE FLOORING

S. Flooring

(15) Rolls @ 43' of 22.5mm Monster Roll (Designed for extreme strength and conditioning)

(17) Pails of Egrip III 4 gallon adhesive

(8) 6' x 8' Monster Roll Logos

Warren County Logo (Cut and Inlayed into Flooring) Logo Size: Approximately 3'10 W x 3' 1 5/8" H (Contact Todd Willmore for Image & Color Scheme)

Performance Criteria:

Tensile Strength: 200 PSI (minimum)

Flexibility 1/4" mandrel

Thermal Conductivity: 1.3Btu-in/h-ft-F

Static Load Limit: 0.025"

Coefficient of Friction: > 0.8

V.O.C. Compliant

Abrasion Resistance: < 1g, 1000 cycles

Pill Test

Standard Vertical Deformation: 1.6mm Pass

Surface Effect Slip Resistance: 92

Ball Rebound: 100% Pass

Force Reduction: 40% Pass

Rolling Load: Pass

Impact: 0.0mm

Indentation: 0.1mm

Physical Applications should include, but not limited to the following:

Cardio

Light-Extreme Weights/Weightlifting

Functional & Extreme Functional Training

Strength Equipment

Light Track Equipment

Contact Information

Todd Willmore

willmoret@warrenschoools.com

(931) 668-5906